

# THRIVE ONLINE: WELLBEING WORKSHOPS FOR PARTNERS OF RAF PERSONNEL



## **DEALING WITH ADVERSITY IN 2021**

Adversity comes in many forms, physical, mental, emotional, social, spiritual and financial adversity. This workshop is designed to help you adequately deal with difficulty and misfortune. The workshop is split over four sessions on:

- Wednesday 6<sup>th</sup> October: 10am to 11.30am
- Wednesday 13<sup>th</sup> October: 10am to 11.30am
- Wednesday 20<sup>th</sup> October: 10am to 11.30am
- Wednesday 27<sup>th</sup> October: 10am to 11.30am

**“The Thrive workshops looked really, really good – something to help RAF spouses find their own value and self-worth, leading to better employment prospects. I found the whole course really useful and would like to thank the RAF Benevolent Fund for supporting us in this way.”**

*RAF spouse, Thrive Programme attendee*

Please apply by Wednesday 29<sup>th</sup> September as places are limited. The workshops are free for spouses/partners of serving RAF and require internet access. For more information visit: [rafbf.org/thrive](https://rafbf.org/thrive)